

The Virginia Family Nutrition Program presents

Food Budgeting & Healthy Eating

Affordable and healthy meals
and snacks for you and your family

Receive a slow cooker and kitchen items on completion of a 4-part in-person series. *One slow cooker per household. In order to receive the slow cooker and cooking supplies, you need to be eligible for the program and have children 12 years or younger.*



For more information contact:

Qualifying participants will receive a crockpot after completing 4 classes!

Call Kim Russell by 4-5-24 to register
276-706-8342

Please leave a message and contact information

15 Spaces Available

Class Dates:

1. April 19: 10:30 – 12:00
2. April 26: 10:30 – 12:00
3. May 3: 10:30 – 12:00
4. May 10: 10:30 – 12:00

Location: The Russell County Extension Office

If you have a disability and desire accommodations please call me

"I loved learning to prepare new healthy foods that fit in my budget."

@VaFNP



Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu



Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.eatsmartmovemoreva.org

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